

# The Recreational Reader

May 2013

## Special points of interest:

- Beach Sticker
- Summer Rec
- Town Meeting Childcare
- Seeking Golf & Tennis Instructors
- Credit Cards accepted
- April Youth Program Recap

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## April Vacation - Fun & Educational

Truro Recreation is pleased to announce that the April Vacation was a great success. The program was held from April 16th to April 19th from 8am to 5:30pm. The program included; trash-to-treasure projects for Earth Day, a pool party at Top Mast, and a visit from the Center for Coastal Studies to name a few.



## Truro's Head Lifeguard Honored

Janake Christensen was recognized as a Life-Saver by the American Red Cross Cape and Islands Chapter on April 4th. Privileged to be a part of event were Kelly Clark, Recreation & Beach Director, Dami-on Clements, Asst. Recreation & Beach Director, and Jack Farley, who nominated Janake.



## Credit Cards Now Accepted

In an effort to increase convenience to our participants, we are excited to announce that our department will now be able to process credit card payments.

## Summer Youth Program

We are excited to announce that the theme for the 2013 Summer Youth Program is "REC. To The Future".



(Continued on page 3)

## Seeking Golf Instructors

The Truro Recreation Department would like to offer the [Hook A Kid On Golf](#) program that is presented by the National Alliance for Youth Sports.

"The mission of **Hook A Kid On Golf** is to

(Continued on page 2)

## Town Meeting Childcare

Want to go to Town Meeting, but need someone to watch your child(ren)? Let Truro Rec. help! Drop your kid(s) off with us, and we'll watch them during the meeting in the Recreation Lounge at the Truro Community Center.

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## Seeking Tennis Instructors

The Truro Recreation Department is seeking tennis instructors to teach the [USTA 10 and Under](#) tennis program during the summer. Form more information contact us at (508)487-1632 | [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov)

*(GOLF INSTRUCTORS - Continued from page 1)*

provide communities with a comprehensive youth golf program that eliminates all the obstacles that discourage youngsters from learning and continuing to play golf while instilling in them an understanding of golf's rules, etiquette and history.

**Hook A Kid On Golf** provides communities with three levels of curriculum and all the tools necessary to accomplish an organized youth golf program. These tools include providing quality equipment, affordable instruction, a structured system to learn how to play the game on the course and finally, a format for play that includes competition but stresses fun and learning."

For more information or to volunteer contact us at (508)487-1632 or email at [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov).

*(CHILDCARE - Continued from page 1)*

- Please be sure your child has had dinner prior to arriving.
- No registration required. Drop-ins accepted.
- Ages: 3 - 13

For more information call (508)487-1632 or  
email [recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov)  
**Thursday 5/2/13 | 7:00pm**  
**Truro Community Center**

## Beach Stickers

New this year, we will be mailing out Resident beach sticker applications with the Rental Registration forms. To obtain a Resident Beach Sticker Mail In Form [CLICK HERE](#)



## Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Classes are conducted by certified instructors, Julie Rich and Erin Silva.

Contact instructors for fees and schedules.

Julie Rich - [purajulie@hotmail.com](mailto:purajulie@hotmail.com)

Erin Silva - [esilva1@comcast.net](mailto:esilva1@comcast.net)



### Classes

Mondays 9-10am (Erin Silva)  
Tuesday 9-10am (Julie Rich)  
Wednesdays 6-7pm (Erin Silva)  
Thursdays 9-10am (Julie Rich)  
Fridays 9-10am (Erin Silva)  
Saturdays 9-10am (Julie Rich)

## National Youth Sports Coaches Association

Starting for the winter sports season of 2012-2013, each Truro Recreation Head Coach will be provided membership into the National Youth Sports Coaches Association and asked to complete the online training process. The following is an overview of the NYSCA by the National Alliance for Youth

Sports. Truro Rec. is the local chapter for NAYS.

Volunteer coaches are the backbone of youth sports in America. Without the thousands of parents signing up to coach youth sports every season, the youth sports world would come to a

*(Continued on page 4)*



*"Very helpful on the knowledge & fundamentals of coaching."*

*Coach Boyce  
Horn - Lake Alfred,  
FL*

## Youth Softball

The youth softball teams have been busy practicing through April. The 5th and 6th grade team will begin games on 4/29/13, and the 3|4 team will begin games on 5/3/13. If you get a chance, stop by a game and cheer on our young athletes.

For more information [CLICK HERE](#)

### *(Continued from page 1)* Summer Youth Program

Below are the dates and times for the program.

**Pre-Season:** June 24-28 8:00am - \*4:00pm

**AM Program:** July 1 - August 23 8:00am - 12:30pm

**PM Program:** July 1 - August 23 12:30pm - \*4:00pm

**Post-Season:** August 26-29 8:00am - \*4:00pm

\*For an additional fee of \$5.00 per child per day, you can extend your pickup time to 5:30pm

For a fee structure visit  
[www.truro-ma.gov/recreation](http://www.truro-ma.gov/recreation)

## Discover the Cello

Truro Recreation is excited to continue the “Hello Cello” program with Saskia Keller. Saskia, a TCS graduate and currently a Junior at NRHS, will continue to provide cello demonstrations and exposure to any student who may be interested. The program will continue to be offered at the Truro Community Center on Fridays. There will be 2 sessions each Friday, one at 4:00pm and one at 4:30pm. If you are interested you can register online at [activityreg.com](http://activityreg.com).

Please note that these are not lessons.



## Hip Hop Dance Classes

At

Pamet After School

The Pamet After School program is offering Hip Hop Dance classes with Dance & Fitness Instructor, Emily Mower. Ms. Mower has a Bachelors of Arts in Dance from Dean College and strives to make her classes creative and fun while building confidence.

**Mondays  
at  
Pamet After  
School**



## Truro Hiking/Walking Club

Tuesdays 10:00am

### May 7 - Truro Old Air Force Base

**Address:** Old Dewline Rd

**Park:** Parking lot located in front of old baseball field.

### May 14 - Pilgrim Heights

**Address:** Pilgrim Heights Rd, Truro

**Park:** 1st parking lot

### May 21 - Pamet Harbor Hike

**Address:** Depot Rd

**Park:** Harbor parking lot

Join Bob Lowe, club coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.





## RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
[www.truro-ma.gov/recreation](http://www.truro-ma.gov/recreation)

*"Committed to Community"*



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

### *(YOUTH SPORTS - Continued from page 2)*

screaching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league. That's why in 1981 NAYS developed the National Youth Sports Coaches Association - to help educate those volunteers to become the best youth sport coaches that they can be. The National Youth Sports Coaches Association (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since its inception in 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' [Code of Ethics Pledge](#).

## Pamet After School

**Mon - Fri**  
**3pm - 5:30pm**  
**\$6/day**

**12pm - 5:30pm**  
**(half days)**  
**\$10/day**

**Truro Community  
Center**

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates everyday that Truro Central School is in session, including half days. Participants are

bused from Truro Central School at the end of the school day to the Truro Community Center.

### **To enroll call**

(508) 487-1632 extension 21.  
Click [here](#) to download a registration packet.

